

SAMSTAG	SONNTAG	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
1	2 I 10.30-11.30	3 S 18:00-19:00	4 I 19:15-20:15	5 S 18:00-19:00	6 S 19:00-20:00	7 E 9:15-10:15 S 18:15-19:15
8	9 S 10.30-11.30	10 S 18:00-19:00	11 I 19:15-20:15	12 S 18:00-19:00	13 I 19:00-20:00	14 E 9:15-10:15 S 18:15-19:15
15	16 I 10.30-11.30	16 E 18:00-19:00	18 S 19:15-20:15	19 E 18:00-19:00	20 S 19:00-20:00	21 I 9:15-10:15 E 18:15-19:15
22	23 S 10.30-11.30	24 E 18:00-19:00	25 S 19:15-20:15	26 E 18:00-19:00	27 I 19:00-20:00	28 S 9:15-10:15 I 18:15-19:15
29	30 I 10.30-11.30	31 E 18:00-19:00	I = INTERVAL S = STRENGTH E = ENDURANCE			